

## Connect & Inspire!



## The Community Connection Garden group cultivates well-being

All articles, stories and poems are written as personal opinions and experiences, and are not official statements or representations of CMHA.

Community Connections  
CMHA, York & South Simcoe

Our programs

Our website

Contact us at 1-866-345-0183  
or 905-841-3977

Contribute to the Mindful Digest.  
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If you are in crisis,  
please call 1-855-310-COPE

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## WRITERS' CAFE

Story by Melanie

### Self Love Letter

Dear 47 yr old Melanie,

I am filled with amazement when I see your reflection in the mirror.

I am in absolute awe of how far you have come.

You have fought your way through your most difficult traumas and challenges; you truly are a warrior.

A fighter that never gave up. You have the most incredible strength, bravery and courage I have ever witnessed.

You have grown and developed skills to discover yourself, understand yourself and feel confident in yourself.

Your pure dedication is inspiring to see.

Not many people could do what you have accomplished with such grace, compassion and drive.

You are genuinely unique and adored.

I am so proud of you. I am honoured to be with you on this journey, my heart is filled with love, gratitude and joy.

You are no longer broken. You are my guardian angel that saved my soul.

I look up to you every day and celebrate you.

You are a remarkable woman; independent, confident, secure and honest.

You love with all your heart and soul.

You know your value and hold it like a treasured gem.

You are an exceptional mom; loving, supportive, kind and understanding.

You take the time to listen to them, validate them, praise them and love without conditions.

You actively continue to have open communication with them, which is something to

be cherished.

You are their safe place and that means the world to me.

You've worked very hard to have the life you deserve and the connections you truly value.

Not only have you provided that to them but you have also provided that to yourself.

A peaceful safe place to fall.

The effort, dedication and resilience you've shown is commendable and extraordinary.

You are a rarity in this world. A literal shining star.

You battled your inner demons on every level and won.

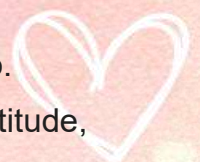
You are unstoppable.

I love you with all my being; heart and soul.

You are my hero.

With sincere gratitude,

17 yr old Melanie



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## WRITERS' CAFE

### Growing From Crisis

Story by John T.

Often when we have a mental health crisis we reach out to others who either listen, console or support us in our crisis.

But there comes a time in our recovery when we must gently let go of our valued supports so we can support ourselves.

It is this type of letting go that we reclaim our independence that puts us on the track for understanding peer support better.

It's hard sometimes to know when the crisis is over so we can move on to more calm waters.

But teaching ourselves to handle our own crisis more independently will allow us to support ourselves and

through that help others.

There is nothing as satisfying as climbing a mountain of achievement only to teach others how to cross the same journey safely.

Peer support is a viable career option to those looking to support others in their

mental health journey.

Every journey takes steps.

The journey from crisis to a satisfying and meaningful life is similar.

Which steps will you take?

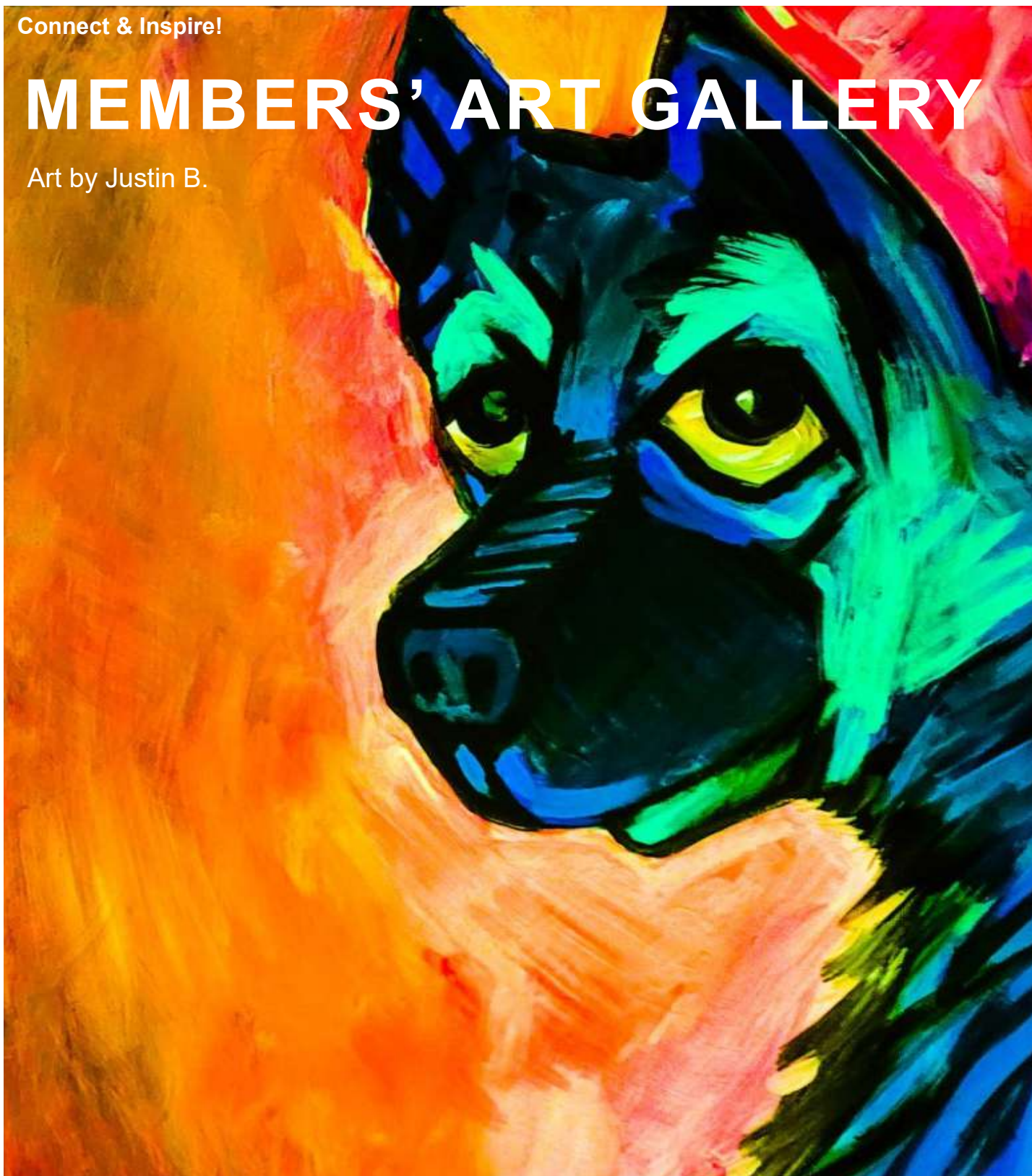




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## MEMBERS' ART GALLERY

Art by Justin B.





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## MEMBERS' ART GALLERY



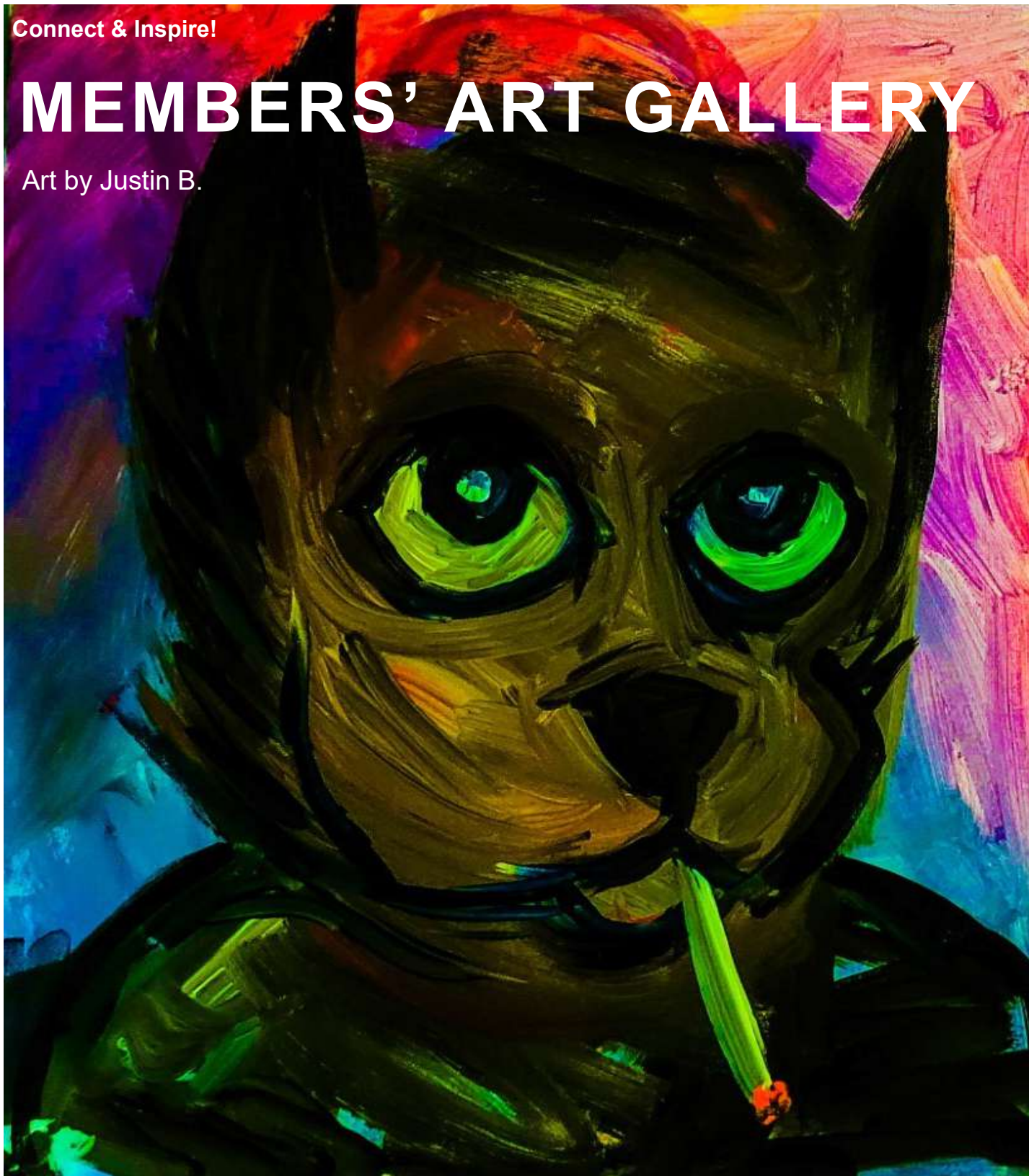
Art by L.A.R.K. "Flowers these hours" Oil Pastels.



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## MEMBERS' ART GALLERY

Art by Justin B.





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## MEMBERS' ART GALLERY

Art by L.A.R.K. "Leaves" Pencil Crayons.





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## CAPTURE CLUB

PHOTO BY JESSIE

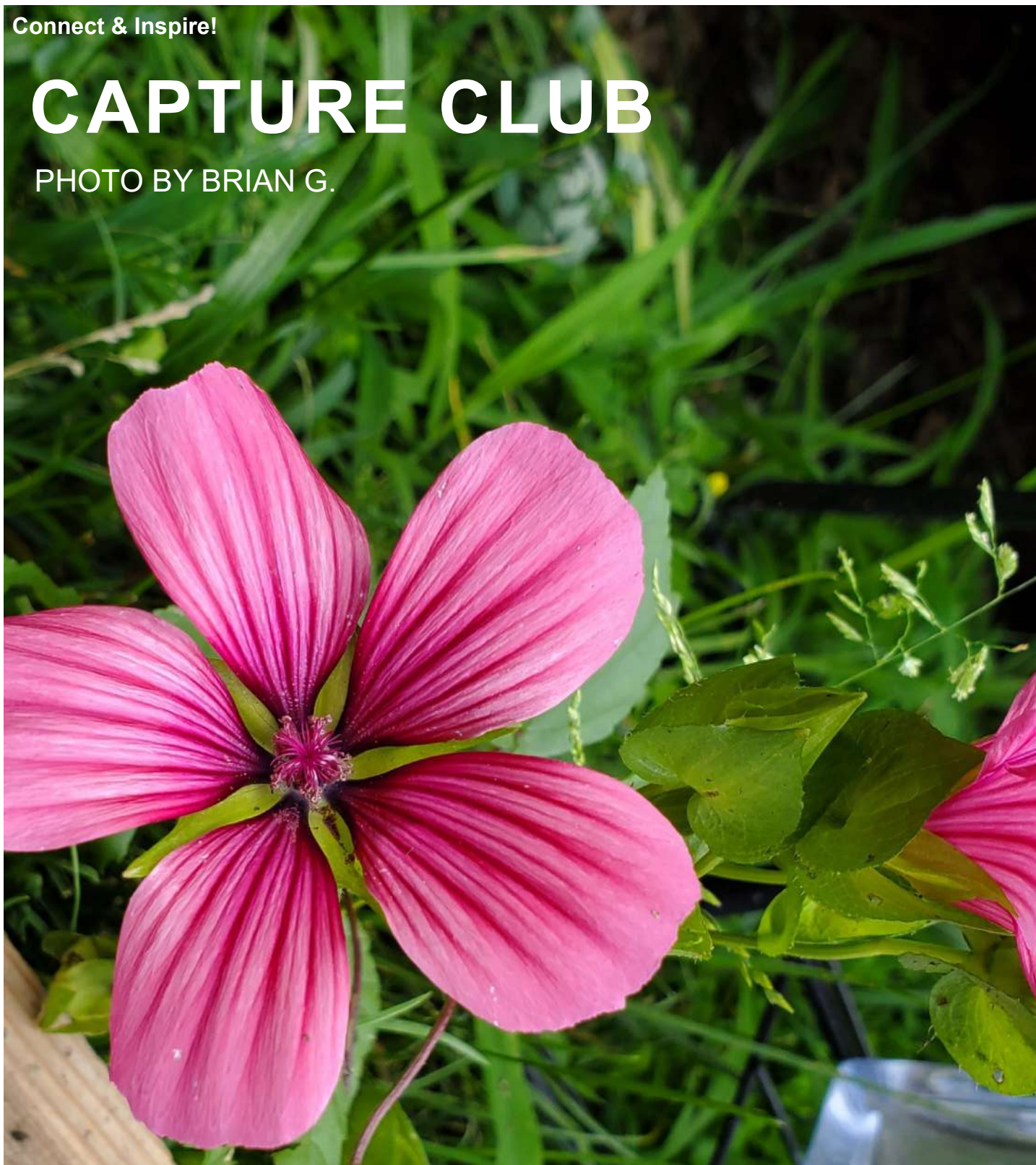




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## CAPTURE CLUB

PHOTO BY BRIAN G.





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## CAPTURE CLUB

PHOTO BY JENNIFER M.





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## CAPTURE CLUB

PHOTO BY SANDRA D.





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## CAPTURE CLUB

PHOTO BY AUGUSTINE





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## Trans & Non-Binary Drop-In

Community Connections and the Gender Affirming Health Clinic facilitates a monthly Trans and Non-Binary Drop-In.

Join us in the lower Aurora CMHA-YRSS office, or you can attend virtually.

The group has a new time starting in September, from 6 - 8 pm in Aurora on the 4<sup>th</sup> Tuesday of the month, starting September 26th.

Registration is required to attend this 16+ group.

Come enjoy social time, play games, or participate in programming with your peers!

E-mail [dclarke-partida@cmha-yr.on.ca](mailto:dclarke-partida@cmha-yr.on.ca) with questions, or ideas for programming you would like to have at the Drop-In.





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## OUR PROGRAMS

Community Connections is a program for individuals 16 years or older to improve their mental health and overall wellness.

Whether you want to be more active, get involved in your community or build a

stronger social network, Community Connections can support you in achieving your goals.

We provide free mental health workshops, opportunities for socialization and participation in fun activities.

The program offers a Drop-In Social Hub, and virtual and in-person groups.

The Drop-In Social Hub is a staff and volunteer-led drop-in program that gives members an opportunity to informally connect with others in a safe and supportive environment.

This program is supported by Peer Support Workers, who have their own stories of mental health or substance use concerns, or are supporting a loved one.

Our drop-ins take place in Alliston, Aurora, and Markham.

We also have activity-based workshops and groups for members to drop in and enjoy at our locations and in the community, or to join virtually through Zoom.

Some examples include: art making, music, games, walking and much more.

Check out our calendar for more information on Community Connections groups and Drop-In programs here:

<https://cmha-yr.on.ca/get-support/community-connections-16/>

## SHINE YOUR LIGHT!

### YOUR SUBMISSIONS

The Mindful Digest is looking for submissions!

To contribute to this publication, email your poems, stories, photos, recipes and drawings, and how you wish to be credited (e.g. initials, first name only, pseudonym, anonymous etc. to Jennifer:

[jjones@cmha-yr.on.ca](mailto:jjones@cmha-yr.on.ca)

Get creative and inspire others!





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## OUR PROGRAMS

### JOIN OUR GROUPS

Contact:

Community Connections, CMHA,  
York & South Simcoe

[Our programs](#)

[Our website](#)

Contact us at

1-866-345-0183 or

905-841-3977

### OUR WEBSITE

Our calendar can be found online [here](#).

Can't find the Zoom Link for your group?

Be sure to check the Junk Mail the morning of the group or contact the group leader in the brackets of each group.

### FEEDBACK? QUESTIONS?

Please feel free to connect with us at [communityconnections@cmha-yr.on.ca](mailto:communityconnections@cmha-yr.on.ca) or the group leader in brackets next to each session (it is the most effective way of getting specific information/assistance related to a group).

Anonymous feedback can be submitted to our Virtual Comment Box [here](#):

**NEED TO TALK TO  
SOMEONE?**  
Call 1-866-345-0183  
If this line is busy call 905-841-3977

Monday to Friday 8:30 am to 4:30 pm  
More information available on our website



Canadian Mental  
Health Association  
York and South Simcoe  
*Mental health for all*

